



Unwin of Bradford-on-Avon.



Fire and water.



Steady progress.



A surfski worked well, slower on turns.



Wakeford of Greenwich in a slower kayak.



Using a stable racer.



Former white water paddler John McAdam.



Returning from the bike ride.

Walter was the fifth fastest cyclist overall, taking a bike lead of over 10 minutes on Abbott, the next fastest female.

It was all about to change with the kayaks. Martinou and Rousavy were first onto the water but Csima just turned on the power, as he has done on previous occasions, to take more than nine minutes off Rousavy, who was only a second faster than Jules Taylor and 11 seconds up on Fairbairn, while Martinou slipped the better part of four minutes on Rousavy. This gave Csima a four minute advantage, 22% faster than anyone else in the kayak without looking as if he was working hard, just quietly efficient.

Walter's kayak time was fifth fastest overall, including beating Martinou by over half a minute.

The run course was changed this year from two laps through the town to a single out and back along the bank of the New River

Ancholme, where they had just paddled, rural and with no crossing of major roads. This was Martinou's strong leg, pulling back over two and a half minutes on Rousavy and over five minutes on Csima but Csima had enough time in hand for an 11 minute win over Rousavy. Fairbairn was 8 seconds adrift of Csima on the run for fourth overall.

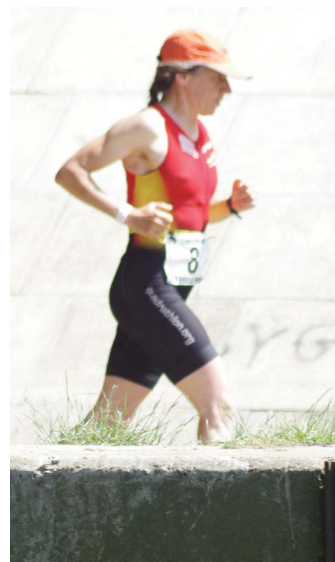
A further three minute gain for Walter gave her a 26 minute win over Abbott.

Teams of two, three or four competitors in relay were mostly from Manvers, their members producing better times as they were each racing shorter distances.

Both world champions were M50 age group competitors and nearly all the entrants were M40 to M60. Fourth placed Fairbairn, an Elite competitor, was one of the few who were not Masters but best British female, Abbott, was M60.



The new run course by the river.



Susanne Walter.

- F:** 1 S Walter, Berlin Teamwork, 3:01:55. 2 N Abbott, Macclesfield, 3:27:29. 3 H Recchia, Selby Swans Tri, 4:09:51. 4 C Jones, Chesterfield, 4:29:02.
- M50:** 1 S Walter, Berlin Teamwork, 3:01:55. 2 C Jones, Chesterfield, 4:29:02.
- M60:** 1 N Abbott, Macclesfield, 3:27:29. 2 H Recchia, Selby Swans Tri, 4:09:51.
- O:** 1 F Csima, Kaposvar, 2:30:56. 2 L Rousavy, Hradec Urvov, 2:41:07. 3 L Martinou, 3 Sports, 2:43:08. 4 O Fairbairn, Macclesfield, 2:47:25. 5 J Taylor, Bristol, 2:51:33. 6 Mad Dog & Yorkshiremen, 2:55:40. 7 J Frary, Scunthorpe Tri, 2:58:16. 9 N Unwin, Bradford-on-Avon, 3:04:51. 10 P Jumeau, City of Lancaster Tri, 3:09:03. 11 L Ball, Wreccam Tri, 3:14:55. 12 J Chappill, Lincsquad, 3:20:30. 13 M Chryssanthou, Leeds, 3:21:36. 14 J McAdam, Fladbury, 3:23:49. 15 R Wakeford, Greenwich Tritons, 3:23:54. 16 P Belcher, Bridgend Pen-y-Bont Tri, 3:26:50. 17 N Abbott, Macclesfield, 3:27:29. 18 200+, 3:27:47. 20 J Scratcherd, Brigg, 3:30:27.
- E:** 1 O Fairbairn, Macclesfield, 2:47:25. 2 R Wakeford, Greenwich Tritons, 3:23:54.
- M40:** 1 L Rousavy, Hradec Urvov, 2:41:07. 2 L Martinou, 3 Sports, 2:43:08.
- M50:** 1 F Csima, Kaposvar, 2:30:56. 2 J Frary, Scunthorpe Tri, 2:58:16. 3 L Ball, Wreccam Tri, 3:14:55. 4 J Chappill, Lincsquad, 3:20:30. 5 W Smith, Glanford & Scunthorpe, 3:30:59.
- M60:** 1 J Taylor, Bristol, 2:51:33. 2 N Unwin, Bradford-on-Avon, 3:04:51. 3 P Jumeau, City of Lancaster Tri, 3:09:03. 4 J Chappill, Lincsquad, 3:20:30. 5 J McAdam, Fladbury, 3:23:49.
- S:** 1 P Belcher, Bridgend Pen-y-Bont Tri, 3:26:50.
- T2:** 1 Mad Dog & Yorkshiremen, 2:55:40. 2 Manvers 2Somesmiles, 3:39:55. 3 Manvers Minions, 3:49:05.
- T3:** 1 200+, 3:27:47.
- T4:** 1 Caffeinated Comets, 3:36:27. 2 Manvers Misfits, 3:35:55. 3 Manvers Marvellettes, 3:47:33.